Baked Apples

Baked apples are a dish I've enjoyed since my college days. They can be made in the oven, or the microwave. A dash of salt, a spoonful of sugar, and a dash of cinnamon can make a single apple a treat, either in summer or winter. Most any kind of apple can be used for this snack. For those who like a sour treat, the green apples retain some of their sourness after baking. For a sweet treat, red apples are best. Apples do not have to be peeled, though the peel should be washed thoroughly clean of any pesticide residue.

Pre Cook Preparation:
- A. Timer set to the time to begin preparation
- B. Stay with dessert

Meal Adaptations:

Physical Accommodations:

Visual Accommodations:
- Brightly colored knife and cutting board

Potential Food Allergy or Intolerance:
- Apple (fructose)
- Cinnamon
- Sugar (diabetics)

Meatless Preparation Avoid:
- Substitute with: _____

Utensils:
- Microwave safe bowl
- Spoon
- Toothpick (round)
- Pan: Microwave safe bowl
  - Note: To bake in oven, follow the oven guidelines in the pie section.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
- 1 apple
- Dash of salt
- 1 tablespoon of white sugar
  - Optional:
    - Dash of cinnamon

Preparation time: 10 minutes

Preparation:

1. **Wash apple thoroughly.**
2. **Carefully slice an apple into 8 slices.**
3. **Arrange in a microwave safe bowl.**
4. **Sprinkle 1 tablespoon of white sugar on the apples.**
5. **Add a dash of salt and optionally a dash of cinnamon.**
6. **Cover bowl and place in microwave.**
7. **Cook until tender.**

Cook Temperature: Regular microwave temperature.

Cook Time: About 1.25 minutes

Servings: 2

Storage Solutions: Round containers in individual servings

Counter safe: 30 minutes to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources

Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing).

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is warm.**
3. **Minimum 30 seconds.**

Add your microwave time here: _____.